



RECREATIONAL AUTHORITY OF ROSEVILLE-EASTPOINTE

18185 SYCAMORE, ROSEVILLE, MI 48066 586-777-7177

OFFICE HOURS: 8:30 A.M.—4:30 P.M. - MONDAY—FRIDAY

www.rare-mi.org



SENIOR ACTIVITIES NEWSLETTER

MARCH 2016

Mary L. Grant, Senior Director

Kim Steele, Office Support

“SURPRISE” BIRTHDAY PARTY

Date: Tuesday, April 26, 2016

Time: 11:30 a.m.—2:30 p.m.

Cost: \$14.00 per person

It's time to celebrate birthdays and today we will make everyone feel like it is their special day! So plan to join in the hoopla, join in the fun, and join the best “Surprise Party” under the sun! This fun-filled Birthday event will include a catered lunch (roast beef, mashed potatoes with gravy, green beans almonndine, salad, jello, bread, and beverages), cake and ice cream, birthday jingo, and of course a few surprises. Tickets for this fabulous event are on sale now! Space is limited, so sign up early. Tickets can be purchased at the Main Office until Friday, April 15th or until filled. Transportation to this event will be provided by S.M.A.R.T. Call the Senior Office to set up a ride.

NATIONAL POUND CAKE DAY

On Friday, March 4th we will be celebrating National Pound Cake Day in the lobby from 10:00 a.m.—11:30 a.m. Pound cake refers to a type of cake traditionally made with a pound of each of four ingredients: flour, butter, eggs, and sugar. They are generally baked in either a loaf pan or Bundt mold, and served either dusted with powdered sugar, lightly glazed, or sometimes with a coat of icing. It is believed that the pound cake is a Northern European dish, that dates back to the early 1700's. Join us for a tasty slice of pound cake for just \$1.00 per slice. All proceeds will benefit the Senior Center coffee fund.

FREE TAX ASSISTANCE AVAILABLE

The A.A.R.P./I.R.S. Tax Assistance Program will once again be available here at the Center during the upcoming tax season. Individuals that fall in the low to moderate income range are encouraged to obtain *free* tax help. The program is held on Tuesdays and runs through April 12th. We are sorry, but all of our appointments for this tax season are filled.

“SNOW DAY” POLICY

When Roseville Community Schools and East Detroit Public Schools are closed due to inclement weather (i.e. “snow day”), all scheduled senior programs, drop-in activities, and the Fitness Room will be closed.

MARK YOUR CALENDAR

FOOT DOCTORS

Dr. Farrar is scheduled to be here on Friday, March 11th from 9:30 a.m.—11:00 a.m.

Dr. Murphy is scheduled to be here on Wednesday, April 13th from 1:00 p.m.—3:00 p.m.

Please remember to bring a towel with you if you schedule an appointment with Dr. Murphy.

Both doctors are available to assist our seniors with their foot care needs.

Appointments should be made in advance at the Senior Office.

L.B. WILLIAMS “GOURMET GUILD”

The L. B. Williams Room is a student operated restaurant located in the Roseville Middle School. Professional food service is the central focus of their program. Students learn culinary arts, hospitality management, and food service sciences. Our group is scheduled to meet for lunch at the restaurant on Friday, March 18th at 11:30 a.m. The cost is \$6.00 per person and includes gratuity. The outing helps the students and gives us an opportunity to enjoy a wonderful lunch at a reasonable price. Please register at the Senior Office.

If you are attending the luncheon, we ask that you arrive at the school after 11:00 a.m.

We need to give the students time to set-up and prepare for our culinary experience.

COLORING FOR ADULTS

This quick-spread phenomenon is changing the perception that coloring books are only for children. The same way kids are positively impacted by the act of coloring, adults can enjoy the same benefits as well. It helps reduce stress levels, elevates focus and promotes a soothing, relaxing frame of mind and sense of well being. All you need is to pick the colors and draw within the lines. The results can be miraculous! All are welcome to join us on Monday, March 28th at 1:00 p.m. for a little coloring and refreshments. The cost for this activity is \$2.00 per person and includes supplies for coloring, a treat, and raffle for an adult coloring book. Please register in advance at the Senior Office.

A MATTER OF BALANCE

Dates: February 4th—March 24th

Cost: \$10.00 (suggested cost share)

Time: 1:00 p.m.—3:00 p.m.

A Matter of Balance is a program sponsored by Area Agency on Aging 1-B and Macomb County Community Services Agency to assist seniors who want to learn more about fall prevention. Registered participants will continue to attend classes through March 24th.

BLOOD PRESSURE TESTING—NEW TIME

On Monday, March 28th from 12:00 p.m.—1:00 p.m. Sally, an eldercare specialist from Health Source Home Care, Inc. will be here to offer blood pressure testing. Please join us in the Conference Room for this FREE service.

JUST FOR FUN

EVERYTHING GREEN BINGO

Calling all Bingo lovers. March's fun bingo will have a St. Patrick's Day theme and all our prizes will be a shade of green. There is a \$1.00 charge for this activity. So mark your calendar for Monday, March 14th at 1:00 p.m. and plan to join us. You could be the lucky winner of one of our many prizes!

LET'S PLAY CARDS

If you like to play Rummy, please join us on Tuesday afternoons at 1:00 p.m. in the Activity Center. The group plays a version of crazy rummy, which incorporates a different wild card for each game. It's fun to play and easy to learn.

Pinochle and Euchre players are welcome to join us for tournament play on Wednesday afternoons at 12:30 p.m. in the Multipurpose Room. We rotate each week between the two card games and the cost to play is \$2.00 per person which includes snacks and prize money. All sessions include a break for coffee and cookies and game play usually runs until 3:30 p.m.

SIT 'N KNIT/CROCHET

If you like to knit or crochet, please join us on Mondays and Tuesdays at 11:00 a.m. If you are just a beginner, we will teach you or if you need a refresher course, we can do that too. Otherwise, simply work on your own project and enjoy the companionship of our group.

WII BOWLING

Our Winter Session of bowling is off to a great start. We currently have 8 teams in our league, which is scheduled to run for twelve weeks. Bowling now takes place in the Game Room which is also the room where the Pool Tables are located. All are welcome to stop by and watch our bowlers in action. League standings will be posted on the bulletin board in the hallway, at the entrance to the Multi-Purpose room. ***Please note: if your team is scheduled to bowl on Friday, March 25th, please contact the Senior Office to schedule a make-up date.***

RED HAT NEWS

All Red Hat "Chili Peppers" are invited to a "Spring Fling" Party here at the Senior Center. Please join us on Thursday, March 31st at 1:00 p.m. for a light lunch with fun spring themed activities. The cost is \$10.00. If you plan to attend, please call the Senior Office to make your reservation. Complete details can be found in your March Red Hat newsletter.

STROKE SUPPORT GROUP

Our Stroke Club is a support group for stroke survivors and their caregivers. We meet every Thursday at 12:30 p.m. for fellowship, games, and snacks. Membership is only \$1.00 each week, unless we have a special event planned.

HEALTH & FITNESS

SHAPE—UP

This “free” fun one hour class combines chair fitness along with low impact aerobics. Join us for a great workout! The class is held on Mondays and Wednesdays at 10:30 a.m.

LINE DANCE

Put on your dancing shoes and join us every Tuesday at 10:00 a.m. You will learn repetitive steps to a wide variety of music. The fee is just \$1.00 per one-hour class. All are welcome!

PICKLEBALL

The Pickleball program is booming and better than ever, the small gym is available on Tuesdays and Thursdays from 1:00 p.m.—3:00 p.m. Pickleball is a racquet sport that combines elements of badminton, tennis, and ping pong.

ZUMBA GOLD

Enjoy the Latin rhythms and dance yourself into fitness with Zumba Gold! You’ll experience dances such as: meringue, salsa, cumbia, hip-hop, and more. Class is every Thursday from 10:00 a.m.—11:00 a.m. The drop in fee is \$7.00 per class, or sign up for four classes for \$23.00 or eleven classes for \$60.00. Why not give it a try? Your first class is FREE!

REFLEXOLOGY AND MASSAGE

Cindy our certified massage therapist and reflexologist will be offering 15 minute sessions of either foot reflexology or table massage. She will be available on Friday, March 4th and Friday, March 18th from 9:00 a.m.—11:00 a.m. The cost is \$15.00. These therapies will help facilitate healing and relieve your aches and pains.

Appointments will be taken at the Senior Office.

FITNESS ROOM

The facility is available Monday – Friday from 8:30 a.m. – 8:00 p.m. and on Saturdays and Sundays from 12:00 p.m. – 6:00 p.m. The fee for Roseville and Eastpointe residents 55 years or older is \$25.00 per year., \$35.00 for residents 14—55 years of age, and \$150.00 for non-residents. Registrations are taken at the Main Office and once you are registered you will be scheduled for an orientation at which time you will be given your ID card. Orientations are given Monday-Friday from 4:00 p.m.—7:30 p.m. and Saturday-Sunday from 12:00 p.m.—5:30 p.m. You must bring your ID card with you each time you work out.

WU STYLE TAI CHI CLASS

Jim Kohler, our instructor, will be teaching class on Tuesdays from 12:30 p.m.—1:30 p.m. on a Drop-In basis. The class fee is \$5.00 per class and is payable at the Senior Office.

Jim’s instructors learned their art form directly from the members of the Wu family. He takes courses and attends seminars with his Grand Master. This Chinese soft style martial art concentrates on one’s internal sensitivity, co-ordination, and focus. As you attend these classes, your circulation, balance, and respirations will all improve along with an enhanced flexibility. The class will be held in Room #1 during tax season.

TRAVEL OPPORTUNITIES

THE PURPLE ROSE THEATER PRESENTS THE ODD COUPLE

Date: Wednesday, March 9, 2016

Cost: \$84.00 Departs: 10:30 a.m. Returns: 7:00 p.m.

This trip is full, a waiting list is available.

VIVA ITALIANO!

Domani Visitiamo Royal Oak, Troy, & Rochester

Date: Tuesday, April 12, 2016

Cost: \$67.00 Departs: 9:30 a.m. Returns: 4:15 p.m.

Join us as we experience a bit of Italian heritage! The highlights of this trip include: round trip transportation, a guided tour of National Shrine of the Little Flower Catholic Church, a family-style dinner of salad, chicken piccata, pasta, and dessert at Loccino Italian Grill, wine tasting at Fieldstone Winery, and free time at the Nino Salvaggio International Market. You may register for this trip at the Main Office. Van transportation to the pick up point will be available from S.M.A.R.T. for \$1.00 each way. Call the Senior Office to arrange a ride.

SOUTHERN CHARM

ASHVILLE, BILTMORE ESTATE, AND THE SMOKY MOUNTAINS

Date: May 15-20, 2016 (Sunday-Friday)

Cost: \$1,060.00 per person/double occupancy

Tour includes round trip luxury motor coach transportation, 5 nights accommodations, 5 breakfasts, 1 lunch, and 3 dinners. Trip highlights include: Guided tour of Smoky Mountains National Park, Biltmore House and Gardens, Blue Ridge Parkway, Smoky Mountain National Railroad, Thomas Wolfe Memorial, and Grandfather Mountain.

Stop by the Senior Office for a flyer with detailed information on the trip.

BAVARIAN INN-FRANKENMUTH

Featuring: Dean Martin & Friends

Date: Wednesday, June 15, 2016

Cost: \$81.00 Departs: 8:15 a.m. Returns: 5:45 p.m.

This trip includes round trip transportation, lunch at the Bavarian Inn Restaurant, a ticket to the tribute show "Dean Martin & Friends" featuring Steve London, and shopping time at the Castle Shops located in the huge lower level of Bavarian Inn Restaurant. You may register for this trip at the Main Office. Van transportation to the pick up point will be available from S.M.A.R.T. for \$1.00 each way. Call the Senior Office to arrange a ride.

Detailed flyers on all our trips are available at the Senior Office.

FOR YOUR INFORMATION

VETERANS SERVICES

The process of finding, applying for, receiving, and maintaining veterans benefits can be confusing and frustrating. The goal of the Veterans Services Department is to provide outstanding service to the veterans and their families who reside in Macomb County.

John, our Advocate, will be available to assist those with questions on Wednesday, March 2nd from 9:00 a.m.—11:00 a.m. and Wednesday, March 16th from 9:00 a.m.—3:00 p.m. in the Conference Room. Please call the Senior Office if you would like to set up an appointment.

ASK A LAWYER

Michael Kelly, an attorney with Kelly Legal Solutions, is scheduled to be here to offer free 20 minute legal consultations on Tuesday, March 8th from 1:00 p.m.—3:00 p.m.

Michael has practiced law for 23 years and is a member of the State Bar of Michigan.

He practices Elder Law, Estate Planning, Probate, and Business Law. If you would like to meet with Michael, please contact the Senior Office.

COMPUTER ROOM

The Computer Room is open and available Monday – Friday from 8:30 a.m.—4:00 p.m. Please limit your sessions to approximately one hour with a maximum of three hours per day. Please be advised that eating and drinking in the Computer Room is prohibited. There will be a set fee of 25 cents per page (payable to the Senior Office) for all printed items.

WALKING FOR FUN AND FITNESS

Did you know that we offer open walking in the large gym Monday—Friday from 8:30 a.m. – 9:30 a.m.? All are welcome to take advantage of this opportunity.

Here are the top ten reasons why walking every day is beneficial: 1) It strengthens your heart.

2) It lowers disease risk. 3) It keeps weight in check. 4) It can help prevent dementia. 5) It can help prevent osteoporosis. 6) It tones your legs, bum and tummy. 7) It tones up your arms. 8) It boosts your vitamin D levels. 9) It gives you energy. 10) It makes you happy!

So put on a good pair of walking shoes and start your day in a healthy way! ***Please note: there will be no open walking on Tuesday, March 8th due to the Presidential Primary election.***

SENIOR VAN TRANSPORTATION

Senior Van Transportation is available Monday—Friday from 8:30 a.m. to 3:30 p.m. The dispatchers will make reservations for Eastpointe and Roseville residents, on a first come, first serve basis. Rides must be scheduled in advance. The fee is \$1.00 per way. Vans will travel from 8 Mile to 15 Mile Roads and Jefferson to Hoover. You must be ready for your ride 15 minutes prior to pick up time. For complete details, please contact the

Senior Van Transportation lines Monday—Friday, 9:00 a.m. to 2:00 p.m.

Eastpointe residents should call 586-445-5085

Roseville residents should call 586-445-5482

DAILY HAPPENINGS

MORNING MILE: Monday, Wednesday, and Friday from 9:00 a.m.—9:30 a.m.

It takes just a half hour to complete 2 miles and you are energized for the day.

So join us to “Walk Away the Pounds” with the Leslie Sansone DVD.

DINING SENIOR STYLE: The Senior Nutrition Program has two locations in our area to serve you. They are here in the Activity Center and at the Eastpointe Community Center located at 16435 East Eight Mile Road in Eastpointe. The MCCSA offers warm and delicious lunches which are served Monday through Friday at 11:30 a.m.

A suggested cost-share donation is \$3.00. ***Please note: there will be no meals served on Friday, March 25th and Monday, March 28th in observance of Good Friday and Easter.***

SENIOR DROP-IN ROOM: All are welcome to stop in each and every day to play cards (Skip-Bo, Hand & Foot, Pinochle, Euchre), dominoes, fix the puzzle or read books/magazines. We are always in need of extra euchre players on Tuesdays and Fridays. The room is open everyday during regular business hours. Please stop in and join us!

POOL/GAME ROOM: Calling all pool players...If you enjoy playing 8 ball, 9 ball, or any style of pool, you are welcome to stop in, during business hours, and play a game or two.

PRIVATE CLUBS & ORGANIZATIONS

HI-STEPS: We are an organization of seniors devoted to social interaction and physical fitness. You must be 55 years or older to participate. There is no charge for membership. We meet on Monday, Wednesday, and Friday in the large gym at the Recreational Authority building. Walking and/or floor exercise is from 9:30 a.m.—10:00 a.m. and exercise from 10:00 a.m.—10:30 a.m. Any questions, please contact Ruth Samuel at 313-460-8578.

PRAYING HANDS: Meets on the first Monday of every month from 10:00 a.m.—2:00 p.m. We have social time along with Dining Senior Style. We play bingo for a \$2.00 fee for non-cash prizes. Please come and join us! Any questions, please contact Linda Giles at 810-364-9782.

NEWSLETTER HOME DELIVERY

To receive a copy of the Recreational Authority Senior Newsletter by mail, fill out the form below, and mail it with a check or money order payable to: R.A.R.E.

You will receive 12 issues for \$6.00. Mail this form with your payment to:
Recreational Authority Senior Center, 18185 Sycamore, Roseville, MI 48066

NEWSLETTER SUBSCRIPTION

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